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**In the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application. All claims are as originally presented except claims 1 and 24 which are currently amended.

**Listing of Claims:**

**Claim 1 (currently amended) Flashing earring jewelry comprising:**

- A) an infrared emitter positioned and adapted to emit infrared light into tissue the earlobe of a wearer,
- B) an infrared detector positioned and adapted to detect infrared light emanating from said earlobe tissue,
- C) a power source for said emitter and said detector,
- D) an electrical circuit for analyzing electrical signals from said detector to detect each beat of a wearer's heart,
- E) at least three two visible light emitters, each emitter adapted to emit a different color defining a first color, a second color and a third color,
- F) a first trigger circuit for initiating electrical pulses to cause one the first of said visible light emitters to flash once for each heart beat,
- G) a pulse rate calculation means for calculating the wearer's pulse rate, and
- H) a second trigger circuit for initiating pulses to cause a the second of said visible light emitters to flash once for each heart beat when said pulse rate exceeds a first predetermined rate, and
- I) a third trigger circuit for initiating pulses to cause a the third of said at least two visible light emitters to flash once for each heart beat when said pulse rate exceeds a second predetermined rate.

**Claim 2. (cancelled)**

**Claim 3 (currently amended) Jewelry as in claim 2 1 wherein said at least three two visible light emitters are three visible light emitters emitting respectively red, green and blue light.**

**Claims 4-8 (cancelled)**

**Claim 9 (cancelled)**

**Claim10 (currently amended) Jewelry as in claim 9 3 wherein said red emitter is programmed to flash with each heart beat, said green emitter is programmed to flash with each heart beat when the heart rate of the wearer is in excess of a first threshold in excess of the wearer's rest heart rate and said blue emitter is programmed to flash with each heart beat when the heart rate of said wearer is in excess of a second threshold in excess of said first threshold.**